



Southern
Ontario District

Athlete Contract

2022-23 SOD Team

I, _____, accept my nomination to the 2022-23 Southern Ontario Division (SOD) cross country ski team.

Please check boxes below:

- I will sign and adhere to the Athlete's Code of Conduct.
- I will register and compete in at least 3 races in the upcoming 2022-23 Paraffin Race Series.
- I will register for a Nordiq Canada (NC) racing license in the 2022-23 ski season.
- I will race in least 2 days of Ontario Cup racing in the 2022-23 ski season (Covid dependent and preferably at an OCup hosted within the SOD region).
- I will participate in at least one SOD Team training camp.

I, _____ as an SOD ski team athlete, recognize that these are high expectations for my development as a Nordic skier. I agree to adhere to the above expectations, and understand that if at any time I do not live up to the terms of this contract, my participation in the team may be restricted or terminated.

Athlete Signature

Date

Parent/Guardian Signature

Parent/Guardian Name (printed)

Please return a signed copy of this athlete contract to Scott Dowling at rscoltdowling@gmail.com no later than May 31st, 2022.